

BMI Calculator: BMR Calculator

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You use energy no matter what you're doing, even when sleeping. The **BMR Calculator** will calculate your Basal Metabolic Rate (BMR); the number of calories you'd burn if you stayed in bed all day.

If you've noticed that every year, it becomes harder to eat whatever you want and stay slim, you've also learnt that your BMR decreases as you age. Likewise, depriving yourself of food in hopes of losing weight also decreases your BMR, a foil to your intentions. However, a regular routine of cardiovascular exercise can increase your BMR, improving your health and fitness when your body's ability to burn energy gradually slows down.

How To Sleep More

Over-The-Counter Remedies May Not Be Enough: Learn About A New Option
www.SleepMedication.Info

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You have a BMR of 1563.7. You may want to try the south beach diet.

BMR Calculator (Basal Metabolic Rate) Metric BMR Calculator

Height ft in

Weight lbs

Age

Female ☒ Male ☐

Once you know your BMR, you can calculate your Daily Calorie Needs based on your activity level using the Harris Benedict Equation.

Resources

[BMR Formula](#)[Harris Benedict Equation](#)[Recommended Daily Allowance](#)[Underweight Treatment](#)[Overweight Treatment](#)[Obesity Treatment](#)

Calculators

[BMI Calculator](#)[BMR Calculator](#)[Body Fat Calculator](#)[Waist to Hip Ratio Calculator](#)

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